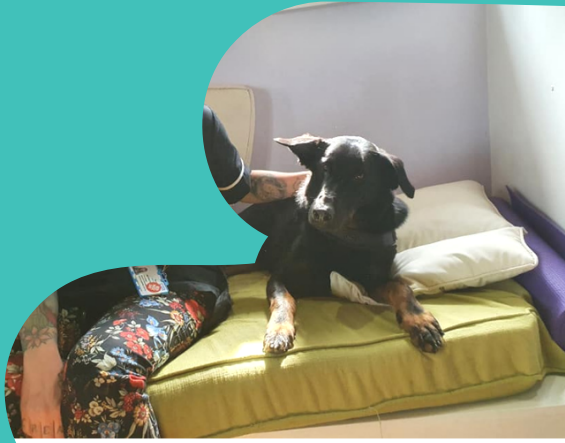


Noah's A.R.T.



Community Hub

Animal-assisted
wellbeing services for
children and adults



0161 368 6544
admin@noahs-art.co.uk

About Us



Noah's A.R.T. was founded in 2015 with a mission: to utilise the benefits of the human-animal bond to improve mental health and wellbeing in Greater Manchester

Tired of witnessing the apparently inevitable cycle of relapse and readmission, experienced mental health nurse and Noah's ART founder Sharon Hall decided that a completely different approach to mental wellbeing was needed

Noah's A.R.T. is a unique, supportive, inclusive and person-centred service for anyone looking for a safe space to reconnect with life and living things

Our offering includes fully-funded opportunities, subsidised activities and commercial services, all based around animals, nature and creativity

Referral Process

We take referrals from health, social care, education and other professionals. You can also refer yourself. Paid services are directly bookable online

Once referred, we work with you to find which of our range of services and activities is best suited to your needs, goals and interests

We know that mental wellbeing isn't linear. Our Hub is here for you throughout your journey, whether you progress, step back or stay on track; whatever your age, abilities or aspirations

Just complete the form at the back of this booklet, or contact us for more information

Hub Services



One-to-One Pet Therapy

£25/hour; funding may be available

What is it?

Therapy Thursday: individual pet therapy sessions specifically designed to support clients experiencing anxiety, low mood and depression

The Quiet Zone: an after-school session for individual children and young people with anxiety and/or additional needs and their parents/carers

How does it work?

Using a bespoke range of approaches, sessions are client-lead and tailored to the client's needs, abilities, preferences and goals

Incorporating elements of behavioural activation, we utilise the motivating nature of animals to engage clients in therapeutic and creative activities. Aims may include improving self-esteem, tackling phobias, or pure relaxation. The presence of the animals supports a positive therapist-client relationship, promotes social interaction and reduces anxiety and stress



Book online

Who can benefit?

Anyone of any age who enjoys spending time with animals can benefit from 1-1 pet therapy, including people with:

- Dementia
- Depression
- Anxiety
- Low mood
- Mild - severe mental illness
- Learning disabilities
- Autism Spectrum Conditions
- ADHD
- Loneliness/social isolation

Or anyone who just wants to spend some safe, therapeutic, one-to-one time with animals

Therapeutic Outreach

£135/hour

What is it?

Pet therapy visits to care homes, NHS hospitals, private hospitals, mental health units and community groups

How does it work?

Using our in-depth understanding of our animals and knowledge of mental health issues, we carefully select animals and plan appropriate activities for the client group. We bring a selection of our dogs, rabbits, guinea pigs, rats and mice to your venue, alongside our experienced staff and volunteers



Book online



Who can benefit?

Patients/residents:

- Improved mood
- Renewed motivation
- Increased social interaction
- Greater engagement and alertness

Staff:

- Improved staff-patient relationship and dynamic
- Improved morale



What is it?

Project work is our lifeblood. In 2020, we were able to build three outdoor garden rooms - the Hoppy Huts - with the aim to make these spaces the COVID-safe home of:

- Nature-based projects
- Art projects
- Gardening
- Wellbeing courses

Hoppy Huts Community

Fully funded subject to eligibility

How does it work?

We offer a dynamic range of funded projects throughout the year to get involved in. Keep an eye on our website and social media for the latest opportunities

NEW FOR 2021-22:

'Garden of Memories'

A set of relaxing 10-week courses focused on healing from loss through artwork and animals. Complete the referral form at the rear of this booklet to get involved

Education Services

Prices vary - contact us for details



What is it?

Our school outreach programmes are flexible and cover: stress reduction, assertiveness and resilience, active sessions, careers sessions

We also work with individuals and school groups at our base

How does it work?

Sessions can be delivered in school or at our base. Parents and teachers tell us that their children flourish at our sessions, and that we provide a safe place for them to make friends, develop empathy and grow in confidence

Who can benefit?

Children/young people with:

- Special educational needs
- Autism spectrum conditions
- Social, emotional or behavioural difficulties
- Anxiety

Pupils struggling in mainstream classes

WEA

Adult Learning Within Reach

What is it?

Practical courses covering animal welfare, an introduction to the world of AAI, and employability skills

Who can benefit?

Availability and eligibility vary subject to funding requirements. Previous courses have been available to adults with long-term mental or physical health issues, and 16-25 year olds not in education, employment or training. Contact us for the latest course information and availability

Funded Courses

Fully funded subject to eligibility

How does it work?

Students learn pre-Level 1 animal care and employability skills, receive personalised career coaching, and complete a placement with Noah's ART. They are then encouraged and supported to progress to further learning, volunteering or work

Commercial Services

£195/hour



Book online

What is it?

Corporate wellbeing - pet therapy visits to offices and workplaces
Professional AAI training courses - online and in person

How does it work?

Book a training course or a pet therapy visit to your workplace, whilst helping to support Noah's ART's mission. Commercial income subsidises our other services, keeping animal-assisted wellbeing accessible and affordable for all

Who can benefit?

- Stressed out employees
- CPD for professionals from across the health, social care and education fields, enabling them to support their own clients/pupils in new and innovative ways



Coffee Morning

Donations only

What is it?

Our dog-friendly community cafe has a dual goal - to provide supported volunteering roles for vulnerable people, and a safe, welcoming space for the local community

How does it work?

Just drop in every Friday, 10am-12pm, with or without a canine companion! Have a brew, some cake and a chat with our friendly staff and volunteers

Who can benefit?

- The local community
- Noah's ART clients seeking progression into volunteering

The cafe also provides the perfect spot for community mental health staff to meet with clients in a relaxed, informal, non-clinical setting

Noah's ART Community Hub

REFERRAL FORM



Please return completed forms by email to: **admin@noahs-art.co.uk** or post to **Noah's ART, The Together Centre, 287 Birch Lane, Dukinfield, SK16 5AU**. A member of our team will then be in touch with you/your client as soon as possible to discuss service options, availability and eligibility.

Date of referral:

Does the client consent to this referral? (Please tick)

1. REFERRER DETAILS (leave blank if self-referring)

| | |
|--------------|--|
| Name | |
| Organisation | |
| Phone | |
| Email | |

2. CLIENT DETAILS

| | |
|---|----------------|
| Name | |
| Date of birth | |
| Phone | |
| Email | |
| Address | |
| Parent/guardian (if under 18) | |
| Emergency contact name and number (if available) | |
| Is the client happy to be contacted directly by Noah's ART? | |
| Preferred method of contact (please tick) | Phone Email |

3. PREFERRED SERVICES/ACTIVITIES

Please indicate which activities you/your client are most interested in.
Leave blank if no preference/not sure

| | |
|-------------------------------------|--|
| One-to-one pet therapy sessions | |
| Volunteering | |
| Hoppy Huts Community group projects | |
| Funded courses | |
| Education services | |
| Coffee morning | |

4. REASONS FOR REFERRAL (please describe)

5. RISK FACTORS AND NEEDS

| | |
|-------------------------|--|
| Allergies/phobias | |
| Drugs/alcohol | |
| Mood | |
| Physical health | |
| Mobility | |
| Hearing/vision | |
| Anxiety | |
| Memory problems | |
| Challenging behaviour | |
| Other (please describe) | |